

# Bristol Cycling Campaign



is here!



## Newsletter 1.5

## Autumn '91

You can't venture onto Bristol's streets these days without risking life limb and lungs. Feelings are so strong amongst Bristol cyclists that almost 100 of them came to the launch meeting in September, since when we have gone from strength to strength. If you are not yet a member we'd like to welcome you and urge you to join us and add your voice to the fight for cyclists' rights. We now have monthly meetings on the first Thursday of each month at 7.30p.m. at the Youth Hostel Association in Princes Street (near the Arnolfini). Everybody is welcome and it's a chance for you to have your say and make a direct contribution to the campaign.

And after the serious business of campaigning, we've been developing our social lives! All cyclists are welcome on our monthly rural rides, guaranteed to put the pleasure back into cycling.

Bristol Cycling Campaign is up and running and determined to fight the road lobby. We want a saner, safer, healthier city. Is it too much to ask to be able to breathe fresh air? And why should we take it for granted that there are more than one third of a million casualties on our roads every year? Did Malcolm Rifkind really say that we have the safest roads in Europe?

More roads are still being built in Avon. The ring road is to plough through the Avon valley; the Spine Road will devastate and divide quiet residential areas; the M4 and M5 are to be widened to 8 lanes bringing even more cars, casualties and pollution to Bristol.

As Bristol sinks further in a mire of cars it is more important than ever that we campaign ever more vigorously in order to make our voice heard.

Central to our campaign is our list of very positive demands that will go a long way towards solving the crisis.

## Bristol Cycling Campaign demands that :-

- \*Avon freezes all future road building.
- \*Avon bans all cars entering Central Bristol in the rush hour with only one occupant.
- \*Avon prohibits traffic entering the city centre when pollution limits are exceeded and endanger health.
- \*Avon redirects its roads and transport budget to improving public transport and facilities for cyclists.
- \*Speed limits in urban areas must be reduced to 20 m.p.h.
- \*Environment must be put before commercial gain.

If you agree with our demands, fill in the membership form in this newsletter. We may not win our cause tomorrow, but one thing is sure. By starting a series of debate now and by putting pressure on our city planners and politicians, we will be one step nearer to winning.

# Stink, Stink & Stink Again.

In a recent survey of Bristol cyclists the top problem was felt to be the appalling pollution problem they have to contend with. We know it stinks out there but more of us are beginning to wonder if it is slowly killing us too. It is now a serious possibility that pollution is in the end going to cause more deaths to cyclists than actually being run over by mad motorists.

Research on pollution in this country is notoriously inadequate. The government has no research programme on its effects so it's up to local authorities and academics to monitor it and draw conclusions. The depressing facts are that car exhaust causes cancer, heart disease, asthma, brain damage and the greenhouse effect. Bristol council have begun to closely monitor car pollution

and if you're an emotional sort, reading their reports will make you weep with despair. EEC and World Health Organisation limits are exceeded with regularity right, left and centre.

So, in the interests of self preservation why not do whatever everyone else does. You too can escape the fumes by throwing your bike in the docks and buying that Citroen AX (or whatever) with the Built in air filters to prevent all that crud getting to your lungs whilst you poison everyone outside.

But wait. You can keep your bike. There is a cause for optimism. Bristol Cycling Campaign is here and has a pollution sub group that is planning exciting campaigns so we can increase awareness, start a popular uprising, and begin to reverse the tide of pollution. If you want to get involved in the fight against the polluters phone Adam on 541129 or Tony on 556340. Or watch this space for the next dramatic installment.

## Your Emissions Today

No. 1 in a never ending series.

### CARBON MONOXIDE

Carbon monoxide is so dangerous that inhaling it is one of the most common ways of committing suicide. 90% of carbon monoxide is produced by cars and emissions of this poison have increased by about 10% over the last decade. It is produced by the incomplete combustion of fuel.

Surprise surprise, it has a very harmful effect. When breathed into the blood stream it can reduce the oxygen carrying capacity of blood. The immediate effect of this is slowed reflexes, impaired perception and thought processes, headaches and fatigue. Long term exposure to high levels of carbon monoxide can lead to heart disease as the heart has to work harder to maintain its oxygen supply. Inhaled by pregnant women it may retard the unborn child's growth and mental development.

Bristol council has been monitoring carbon monoxide at Old Market for over a year. The World Health Organisation

sets guidelines of a maximum recommended exposure of  $10\text{mg}/\text{m}^3$  per 8 hours. Don't worry what this means exactly. All you have to worry about is that the guidelines were exceeded in Bristol 77 times between 1st November 1990 and 31st March 1991 and presumably continue to get worse as traffic increases.

Next time you feel suicidal stand in Old Market for a few hours.  
Happy Cycling !

The Grim Reaper.



# Bristol Cyclists Hit Back

Right! That's it! Bristol cyclists have had enough of being pushed off the road, forced into the gutter, choked by poisonous fumes. There are tens of thousands of us, and from today we're demanding a fair deal.

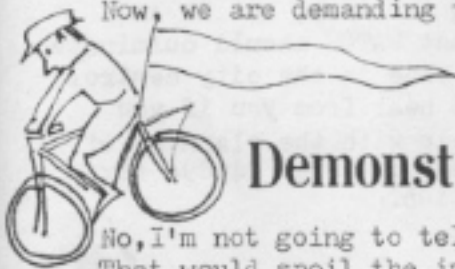
Demanding? Yup, demanding. We pay taxes just like everybody else. A lot of us even pay our Poll Tax- (although don't be embarrassed, I'm not going to name the guilty ones) and we know where the money comes from that builds all those unnecessary motorways, turns road junctions into roundabouts (16 times more dangerous for cyclists) so that cars can go a fraction less slowly in the rush hour, and subsidises the car industry to an incredible £2,000,000,000 a year.

Now, we are demanding that a fair prop-

ortion of that money be spent on the form of transport that doesn't pollute the air for everybody else or threaten them with death or injury.

The brilliant paradox in all this is that in fighting for the rights of cyclists we'll be producing a better city for everyone else as well. All those people who drive into Bristol every day, hating the hassle and stress of it all, will have a much better journey to work when cars are cleared off the road and everyone travels by bus, by bike and on foot.

Elsewhere in this newsletter are details of our first mass participation actions. But I want to make sure everybody knows. Demonstrate Thursday 28th November! Celebrate Saturday 30th November! Read on for the full information.



## Demonstrate

No, I'm not going to tell you what it is. That would spoil the impact. But I can assure you it's going to focus attention very effectively on Bristol's traffic problems. It's going to make all those one-in-a-car commuters think about why this city is so congested and unpleasant and why the air is so often unfit to breathe.

And it's going to be fun. When you get home that night, and see yourself on the news, it's going to give you a buzz; all the more so because the cause is a good one.

We're meeting at 8.00 a.m. on Thursday November 28th, underneath the M32 roundabout at the end of Lower Ashley Road, St Pauls. Come one, come all Bristol cyclists who want to be able to say "I was there at the start of the campaign that made Bristol safe to cycle in." You don't need to be a BCC member. You needn't be a green fundamentalist. To be honest you could even come without a bike if circumstances are desperate. But come; the Press and TV will be there to see hundreds of Bristolians say, for all the world to hear....."Right! That's it! We demand our rights....."  
(For further info contact Phil on 422125 or Tony on 556340.



## Celebrate

Saturday 30th November is our first, and anything but our last, mass ride. We will be celebrating the formation of Bristol Cycling Campaign and it will also be the chance for hundreds (even thousands) of cyclists to show Bristol that we exist. We'll cycle in a procession from College Green around the Centre and Broadmead. Please tell all your friends to be there with their bikes.

Meet on College Green at 2p.m. Bring whistles, horns, noisy things, unusual cycles, unicycles, tandems, party gear, posters, banners, things attached to your bike.

Phone Eric for more details on 550185.

**BUT MOST IMPORTANT : BE THERE WITH YOUR BIKE.....**

## POT HOLES & BUMPS

Next time you hit a pot-hole or bump, REPORT IT. For roads in Bristol contact:-  
The City Engineer, Brunel House,  
BS1 5TY. Tel. 223838



# DIARY

## November

- 7 Bristol Cycling Campaign meeting  
7.30p.m. YHA, Princes Street.
- 7-10 Bristol Green Show, Exhibition Centre,  
Meet us there.
- 14 Evening social ride to local pub.  
Meet 8 p.m. Neptunes statue (end of  
docks).
- 24 Sunday saunter - social ride to the  
countryside East of Bristol, leaving  
by the Bristol-Bath cyclepath. Pub  
lunch. Meet 10.45 a.m. Castle Park  
(bandstand) for 11a.m. start.
- 28 Public launch of BCC- Demonstration!  
Meet at the St Pauls/M32/Lower Ashley  
Road underpass (under the roundabout)  
at 8 a.m.
- 30 Celebration Ride- see article. Meet  
2 pm, College Green.

## December

- 5 Bristol Cycling Campaign meeting.  
7.30 p.m. YHA Prince Street.

## Contributions

We'd like your contributions for the  
next newsletter - cartoons, articles,  
news and notices.

Tel. Leigh 550418 or send to  
33, Daisy Rd, Bristol, BS5 6JS

## Leave Your Car at Home Week

Imagine Bristol without any cars. No background noise, no pollution, no danger. It couldn't happen? Well, a group of people have got together to make it happen. Planning has already started for a car free week early next summer. They are proposing a Week of Action To leave Cars at Home, (WATCH for short). This will involve five consecutive days of events, promotions, demonstrations and media attention to encourage people not to use their vehicles. The effect is intended to be cumulative so that by Friday Bristol should be largely free of traffic. Public transport will feature centrally during the week, but it is also proposed that WATCH should culminate in a mass cycle ride in the city centre. WATCH is keen to hear from you if you would like to help with the planning of this exciting campaign. Tel 246894 for further information.

## Green Bikes Scheme

Based on the 'white' bikes of Amsterdam, the Green Bikes Scheme are putting 'free' bikes out on Bristol's streets.

They will be owned by nobody and maintained by and for the community.

If you want to help, donate a bike or fund raise, contact-

Karen 427031 or  
Ben 522131

